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VINTAGE WINGS
AIR SHOW
THE DAY IN
PICTURES {page 4}



MAKEOVER: WONDER WOMAN'S HIP NEW UNIFORM TURNING A PAGE {page 14}



OTTAWA

metro®

Monday, July 5, 2010
www.metronews.ca



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Heat. Westboro



Ottawa resident Kim Lopez beats the heat by getting splashed at Westboro Beach yesterday evening.

TIM WIECLAWSKI/METRO OTTAWA

Hot times in Ottawa this week

Ottawa is set for a good stretch of great beach weather, with highs expected to remain in the 30s for the rest of the week.

Making inroads in Afghanistan?

New U.S., NATO commander facing tough odds as conflict grows bloodier {page 7}

Taking it out on your toaster

Psychologist offers a new way to rant in stress-advice book {page 19}

Duo sought in Cyrville shooting

► Gunfire exchanged near community's new basketball court ► Residents report up to six shots fired ► Bullet holes found in nearby homes, but no injuries reported


TIM WIECLAWSKI
@METRONEWS.CA

According to witnesses of a daylight shootout on 1420 Meadowbrook Road Park in Cyrville Saturday, two young men sat in a black Ford Explorer for around 20 minutes before one of them got out just after 5:30 p.m.

Dressed all in black, with a bandana covering his head, the man ran across the street and fired at least three shots at a group of teens playing on a basketball court that had just opened last week, witnesses said. Police said two males exchanged gunfire before fleeing. No injuries were reported.

Residents of the nearby Gloucester Community Housing complex reported hearing up to six shots fired. "This ain't done. They're coming back ... That's why everyone is so scared," said a woman whose window was hit by a bullet.

Police seek a Somalian male, approximately 18 years old, and a Hispanic or Middle-Eastern male, approximately 25 years old.



► Bullet holes were found in two nearby townhouse units.

"I can see how it is unnerving for local residents. There is no place for this violence anywhere."

BEACON HILL-CYRVILLE COUNCIL CANDIDATE TIM TIERNEY, WHO TOOK HIS THREE KIDS TO PLAY IN THE PARK LESS THAN A WEEK AGO



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What changes—and what doesn't change—under the HST.

Answering your questions about Ontario's Harmonized Sales Tax (HST).

On July 1st, the HST came into effect in Ontario. For many of the things you buy, like basic groceries, electronics and clothing, there is no change in sales tax. The sales tax on some goods and services has increased — including things like gas, electricity and haircuts.

Here's a list of common goods and services and how they are affected.

	GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?		GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?		GST-taxable before July 1, 2010	PST-taxable before July 1, 2010	Is there a change to the amount of tax payable under HST?
CLOTHING AND FOOTWEAR											
Adult Clothing	5%	8%	No (remains 13%)								
Children's Clothing	5%	No PST	No (remains 5%)								
Shoe Repair Service	5%	8%	No (remains 13%)								
Children's Footwear	5%	No PST if \$30 or less	No for footwear up to size 6 (remains 5%)								
Tailoring Services	5%	8%	No (remains 13%)								
Dry Cleaning Service	5%	No PST	Yes (changes to 13%)								
FOOD AND BEVERAGES											
Basic Groceries (e.g., Dairy, Meat, Vegetables, Canned Goods)	No GST	No PST	No HST								
Snack Foods (e.g., Chips, Pop)	5%	8%	No (remains 13%)								
Qualifying Prepared Food and Beverages Sold for \$4.00 or Less	5%	No PST	No (remains 5%)								
Restaurant Meals for More Than \$4.00	5%	8%	No (remains 13%)								
Alcoholic Beverages	5%	10–12%	HST 13% ¹								
HOME SERVICES											
Cable Television Services	5%	8%	No (remains 13%)								
Cell Phone Services	5%	8%	No (remains 13%)								
Municipal Water	No GST	No PST	No HST								
Home Maintenance Equipment	5%	8%	No (remains 13%)								
Home Phone Services	5%	8%	No (remains 13%)								
Home Service Calls to Repair Free-Standing Appliances such as Stoves, Refrigerators, Washers, Dryers and Televisions	5%	8%	No (remains 13%)								
Home Insurance	No GST	8%	No (remains 8%)								
Electricity and Heating (e.g., Natural Gas/Oil for Home)	5%	No PST	Yes (changes to 13%)								
Internet Access Services	5%	No PST	Yes (changes to 13%)								
Home Service Calls by Electrician/Plumber/Carpenter to Maintain or Repair Furnace, Leaky Faucets, Bathtub, Toilet, Electrical Wiring, etc.	5%	No PST	Yes (changes to 13%)								
Landscaping, Lawn Care and Private Snow Removal	5%	No PST	Yes (changes to 13%)								
ACCOMMODATION, TRAVEL AND PASSENGER TRANSPORTATION SERVICES											
Luggage, Briefcases, Bags, etc.	5%	8%	No (remains 13%)								
Municipal Public Transit	No GST	No PST	No HST								
GO Transit	No GST	No PST	No HST								
Hotel Rooms	5%	5%	Yes (changes to 13%)								
Taxis	5%	No PST	Yes (changes to 13%)								
Campsites	5%	No PST	Yes (changes to 13%)								
Domestic air, rail, boat and bus travel originating in Ontario	5%	No PST	Yes (changes to 13%)								
Air travel originating in Ontario and terminating in the U.S. ²	5%	No PST	No (remains 5%)								
Air travel originating in Ontario and terminating outside of Canada and the U.S. ³	No GST	No PST	No HST								
Rail, boat and bus travel originating in Ontario and terminating outside of Canada	No GST	No PST	No HST								
AROUND THE HOUSE											
Cleaning Products	5%	8%	No (remains 13%)								
Laundry Detergent, Fabric Softeners	5%	8%	No (remains 13%)								
Household Furniture	5%	8%	No (remains 13%)								
Refrigerators and Freezers	5%	8%	No (remains 13%)								
Pre-Packaged Computer Software	5%	8%	No (remains 13%)								
Books (including Audio Books)	5%	No PST	No (remains 5%)								
Newspapers	5%	No PST	No (remains 5%)								
Magazines Purchased at Retail	5%	8%	No (remains 13%)								
Magazines Purchased by Subscription	5%	No PST	Yes (changes to 13%)								
AROUND THE HOUSE											
Office Supplies, Stationery	5%	8%	No (remains 13%)								
Landscape Materials including Sod, Seeds, Plants	5%	8%	No (remains 13%)								
Linen (e.g., Blankets, Towels, Sheets)	5%	8%	No (remains 13%)								
Tents, Sleeping Bags, Camping Supplies	5%	8%	No (remains 13%)								
Tools	5%	8%	No (remains 13%)								
Patio Furniture	5%	8%	No (remains 13%)								
Barbecues, Lawnmowers, Snowblowers, Sprinklers	5%	8%	No (remains 13%)								
Toys (e.g., Puzzles, Games, Action Figures, Dolls, Playsets)	5%	8%	No (remains 13%)								
Outdoor Play Equipment (e.g., Swing Sets, Sandboxes, Slides)	5%	8%	No (remains 13%)								
Craft Supplies	5%	8%	No (remains 13%)								
Building Materials (e.g., Lumber, Cement Mix)	5%	8%	No (remains 13%)								
Home Renovations	5%	No PST	Yes (changes to 13%)								
HEALTH PRODUCTS AND SERVICES											
Massage Therapy Services	5%	No PST	Yes (changes to 13%)								
Vitamins	5%	No PST	Yes (changes to 13%)								
MEMBERSHIPS, ENTERTAINMENT AND SPORTS EQUIPMENT											
Admissions to Professional Sporting Events	5%	10%	Combined rate going down to 13% from current 15%								
Movie Tickets	5%	10%	Combined rate going down to 13% from current 15%								
Music Lessons	No GST	No PST	No HST								
Skis and Snowboards	5%	8%	No (remains 13%)								
Hockey Equipment	5%	8%	No (remains 13%)								
Golf Clubs	5%	8%	No (remains 13%)								
Green Fees for Golf	5%	No PST	Yes (changes to 13%)								
Gym and Athletic Membership Fees	5%	No PST	Yes (changes to 13%)								
Ballet, Karate, Trampoline, Hockey, Soccer Lessons, etc.	5%	No PST	Yes ⁶ (changes to 13%)								
Tickets for Live Theatre with Less Than 3,200 Seats	5%	No PST	Yes ⁷ (changes to 13%)								
LEASES AND RENTALS											
Condo Fees	No GST ⁸	No PST ⁹	No HST ¹⁰								
Residential Rents	No GST	No PST	No HST								
Hockey Rink and Hall Rental Fees	5%	No PST	Yes (changes to 13%)								
ELECTRONICS											
TVs	5%	8%	No (remains 13%)								
DVD and Blu-ray Players and Accessories	5%	8%	No (remains 13%)								
MP3 Players	5%	8%	No (remains 13%)								
Cell Phones, Smart Phones	5%	8%	No (remains 13%)								
Cell Phone Service	5%	8%	No (remains 13%)								
CDs, DVDs and Blu-ray Discs	5%	8%	No (remains 13%)								
Radios and Stereos	5%	8%	No (remains 13%)								
Computers and Printers	5%	8%	No (remains 13%)								
PROFESSIONAL AND PERSONAL SERVICES											
Child Care Services	No GST	No PST	No HST								
Legal Aid	No GST	No PST	No HST								
Coffins and Urns Purchased Separately from a Package of Funeral Services	5%	8%	No (remains 13%)								
Fitness Trainer	5%	No PST	Yes (changes to 13%)								
Hair Stylist/Barber	5%	No PST	Yes (changes to 13%)								
Esthetician Services (e.g., Manicures, Pedicures, Facials)	5%	No PST	Yes (changes to 13%)								
Funeral Services	5%	No PST	Yes (changes to 13%)								
Legal Fees	5%	No PST	Yes (changes to 13%)								
TOBACCO											
Cigarettes and Other Tobacco Purchases	5%	No PST	Yes (changes to 13%)								
Nicotine Replacement Products	5%	No PST	Yes (changes to 13%)								
BANKING AND INVESTMENTS											
Mortgage Interest Costs	No GST	No PST	No HST								
Most Financial Services	No GST	No PST	No HST								
ONTARIO GOVERNMENT SERVICES											
Driver's Licence Renewals and Vehicle Plate Renewals (other than Personalized Licence Plates)	No GST	No PST	No HST								
Hunting and Fishing Licences	5%	No PST	Yes (changes to 13%)								
Vital Documents (e.g., Health Cards, Birth Certificates)	No GST	No PST	No HST								

ontario.ca/taxchange

Pianist's passion for music grows

A founding member of the Beaux Arts Trio and distinguished professor of music at Indiana University performs in Ottawa today at the gala opening of Music and Beyond, the city's new classical music festival.

Now 86, legendary pianist Menahem Pressler has been performing for 70 years and teaching for 53.

"I love every second of it," said Pressler. "It's beautiful to make music and influence young people to make music ... and to feel that music is something that is not just good as entertainment, but good for your soul."

"The passion is not smaller because you get older," he said.

"If anything, it grows bigger." • TRACEY TONG



Suspect arrested in stabbing

Police investigation continues after a suspect was arrested following a stabbing on Muriel Street.

A man in his early 20s was stabbed in the abdomen just before 4 a.m. Friday.

• TRACEY TONG

Music in a classical turn

► New festival expected to attract 40,000 to 50,000 ► Renowned vocal group the Hilliard Ensemble performing in exclusive engagement



TRACEY TONG
@METRONEWS.CA

"To be able to hear so many great artists and great concerts is really rare."

JULIAN ARMOUR, ARTISTIC AND EXECUTIVE DIRECTOR

Music lovers in the capital might be pumped for Bluesfest, but Ottawa's newest music festival, opening today, is creating a buzz among a different musical circuit.

The classical music festival Music and Beyond brings international legends, including soprano Kathleen Battle, acclaimed pianists Peter Serkin and Menahem Pressler, one of the world's top vocal

groups, the Hilliard Ensemble, and the renowned Canadian Brass to Ottawa — some for the first time.

While Battle "is one of the biggest names ever," the Hilliard Ensemble is making its Ottawa debut in this exclusive North American engagement, said the festival's artistic and executive director Julian Armour.

"People will come from all over North America to hear them."

"To be able to hear so many great artists and great concerts is really rare," he said.

"This festival has the potential to attract a lot of people from out of town."

The festival features 350 musicians playing in 82 concerts.

Maestro, please

The festival, which kicks off today, runs 10 days through July 14.

In the audience

An estimated 40,000 to 50,000 people will attend the festival.

Beyond the chamber

Artistic and executive director Julian Armour also founded the Ottawa International Chamber Music Festival.

1
news



News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



Guidy Mamann finds plenty to be skeptical of in new refugee reform law, at metronews.ca/immigration

\$104	\$132	\$99	\$169	\$169	\$216	\$203	\$299	\$299	\$305	\$309
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IT'S ABOUT TIME!

► The Vintage Wings Air Show surpassed all expectations, organizers said yesterday. They expected to have around 10,000 visitors at the Gatineau Airport to inspect their planes and watch some of the demonstrations. Instead, attendance turned out to be a lot closer to 25,000.

TEXT AND PHOTOS TIM WIECLAWSKI



► One of two Czechoslovakian-made 1981 L39 Albatross jets.

Flying high at the Vintage Wings Air Show



► The Vintage Wings air show was the first full performance by the Canada Forces Snowbirds Demonstration Team in the National Capital Region in three years.



► Francois Gagnon, Myriam Nadeau, and Yodney Etienne, front to back, inspect the cockpit of one of the modern planes on static display yesterday.

Winging it

Fun abounded at the festival.

- **Demonstrations** All 18 of the Vintage Wings' planes were on display on the runway at the show. Five of them performed flight demonstrations.
- **Open house** This is the fifth year Vintage Wings held an open house, but the first time it was held in the air show format.
- **Dedication** The 1954 Canadair F-86 Sabre 5 on display yesterday was dedicated to test pilot Al Lilly, who was the first Canadian to break the sound barrier in August 1950 flying an early Sabre model.
- **New member** Vintage Wings' 1952 Westland Lysander IIIA is the newest addition to the fleet.



► Vintage Wings' 1952 Harvard.



► An estimated 25,000 people turned up to watch flying demonstrations and get a close-up view of the classic planes on the ground, like the 1945 Goodyear FD-1D Corsair.

TASERS

Inquiry hurting business

A British Columbia public inquiry's conclusion that a jolt from a Taser can be fatal and its use should be restricted, although he also said they are a necessary tool for police.

But Taser International argues Braidwood didn't take into account all of the information the company provided, and that it wasn't given an opportunity to respond before the report was released.

will be heard in B.C. Supreme Court today.

Commissioner

Thomas Braidwood, who oversaw two sets of hearings following the death of Robert Dziekanski at Vancouver's airport, released a report last year that found Tasers can be fatal and their use should be restricted, although he also said they are a necessary tool for police.

But Taser International argues Braidwood didn't take into account all of the information the company provided, and that it wasn't given an opportunity to respond before the report was released.

THE CANADIAN PRESS

Queen cool as woman marches up

A carefully co-ordinated visit by the Queen to a morning church service in Toronto yesterday was thrown for a bit of a loop when a woman broke free of the waiting crowd and marched right up to the monarch. The Queen, who moments earlier had stepped blinking into the bright sun after the morning worship at St. James Cathedral, took the unplanned meeting in stride, smiling and chatting with the woman.

THE CANADIAN PRESS

Tornado winds were 300 km/h

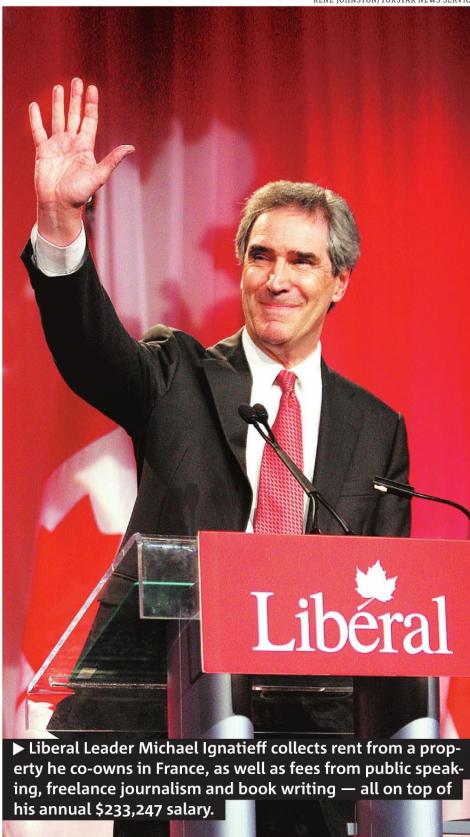
Environment Canada says a tornado that destroyed homes and damaged others on a Saskatchewan reserve was more powerful than first thought.

Meteorologist Dave Carlstein says they're now estimating that winds during the F3 twister could have exceeded 300 kilometres per hour. Nine homes on the reserve were destroyed and about a dozen others damaged. Residents say it was a miracle no one was hurt.

THE CANADIAN PRESS

Almost half of Canada's MPs are moonlighting

RENE JOHNSTON/TORSTAR NEWS SERVICE



► Liberal Leader Michael Ignatieff collects rent from a property he co-owns in France, as well as fees from public speaking, freelance journalism and book writing — all on top of his annual \$233,247 salary.

Review shows 151 out of 308 members receive other incomes

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows 151 of Canada's 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis for The Canadian Press found 103 MPs are owners or part owners of businesses, ranging from fast food restaurants, a bakery and wilderness tours to holding companies, farms or real estate investment.

The filings also show that 99 MPs each received more than \$10,000 in income from outside sources in the previous year, in addition to their base salaries of \$157,731.

While there are some restrictions for cabinet ministers, MPs are allowed to hold as many outside jobs and own as

Examples

The businesses and side jobs are as varied as the MPs themselves:

- ▶ Jack Layton The NDP Leader is the owner of the Green Catalyst Group Inc., has a 25 per cent interest in Layton Holdings Ltd., is a joint owner of an investment property in Toronto and collects a municipal pension.
- ▶ Stephen Harper and Gilles Duceppe Neither the prime minister nor the Bloc Québécois leader listed any outside jobs, companies or income.
- ▶ Justin Trudeau and Kirsty Duncan The Liberal MPs earn money from speaking engagements.
- ▶ Gerard Kennedy The Liberal MP is a consultant to Toronto-area Alpha Labs.
- ▶ John Rafferty This MP owns a communications and recording business.

many companies as they like.

THE CANADIAN PRESS



MORE THAN YOU IMAGINED



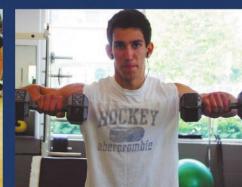
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Is Afghanistan progressing?

► U.S. commander believes forces are making positive changes ► Has just months to prove himself right

Gen. David Petraeus boldly declared "we are in this to win" yesterday as he took command of U.S. and NATO forces in Afghanistan at a time of skepticism over a counterinsurgency strategy he pioneered and confusion over goals in an increasingly violent war.

Petraeus has just months to show progress in turning back an emboldened enemy and convince both the Afghan people and neighbouring countries that the U.S. is committed to preventing

Positive changes

Petraeus insisted progress had been made:

- 7 million kids in school
- child immunization rates at 70 per cent
- new roads and bustling economies in several cities

Afghanistan from again becoming a haven for al-Qaida and its terrorist allies.

Petraeus, widely credited with turning around the U.S. war effort in Iraq,

arrived in Kabul on Friday facing tough odds: Slow progress in stabilizing Taliban strongholds in the south; waning support for the war both in America and foreign capitals; ongoing concern about the Afghan government's willingness and ability to fight corruption; and 102 deaths of U.S. and international troops last month.

That made June the deadliest month for the allied force since the war began.

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News in brief**North Korea ruled out in cyberattack**

WASHINGTON. U.S. officials have largely ruled out North Korea as the origin of a computer attack last July that took down U.S.

and South Korean government websites. Code used in the attack included Korean language. But authorities are not much closer than they were a year ago to knowing exactly who did it — and why. The crippling strikes, known as “denial of service” attacks, did not compromise security or breach any sensitive data or critical systems.

THE ASSOCIATED PRESS

CORRECTION

In the Chrysler Canada Days ad that appeared in Metro, the bi-weekly step-up amount on the 2010 Ram 1500 Quad Cab 4x4 SLT is incorrectly listed as \$29, instead of \$34. We apologize for any inconvenience this may have caused.

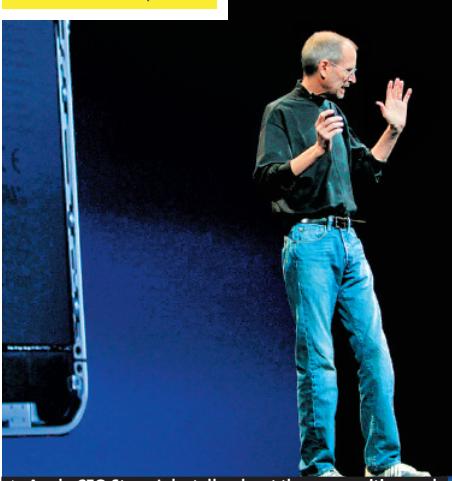
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iPhone4. Complaints

► Apple CEO Steve Jobs talks about the composition and metal antennae band that surrounds the Apple iPhone4 at an Apple conference in San Francisco last month.

PALM SAKUMA/THE ASSOCIATED PRESS

‘Death grip’ explained

Apple Inc. said Friday it was “stunned” to find that its iPhones have for years been using a “totally wrong” formula to determine how many bars of signal strength they are getting — the reason behind complaints from users that the iPhone 4 can show a sudden plunge in signal strength when they hold it in a jokingly called “death grip” that covers a small black strip on one edge of the phone.

Vale and striking miners reach deal

The end appeared to be in sight yesterday to a long-running and bitter strike in Ontario as mining giant Vale announced it reached a tentative agreement with production and maintenance workers.

The tentative deal that involves a new five-year contract with United Steel Workers comes just days after Labour Minister Peter Fonseca had said the two sides had agreed to re-



“The impasse ... over the issue of the eight workers was not acceptable to the communities involved nor the government.”

LABOUR MINISTER PETER FONSECA

sume bargaining.

The issue over the firing of eight workers will be heard by the Ontario Labour Relations Board.

More than 3,000 production and maintenance workers at Vale’s Ontario operations in Sudbury and Port Colborne have been on strike since last July 13.

THE CANADIAN PRESS

Market moment

TSX	Dollar
11,196.06 (Friday)	94.13¢ (Friday)

Oil	Natural gas 1,000 cu ft
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STEVE COLLINS



Summer, and time once again it seems for people across Canada to give thanks they don't live in Toronto.

Last year, a 40-day summer civic workers' strike repelled tourists and delighted rats. This year, the city was infested with world leaders, which apparently necessitated an unprecedented \$1-billion militarization of the downtown and arrests of about 1,000 anarchists, vegans, journalists and bystanders.

Ottawa hosted the G20 summit in November 2001. It was a much tenser time, mere weeks after 9-11, and police came out in massed armoured phalanxes. When it was all over, the toll was a few smashed windows and a grand total of 50 arrests. Was the threat to public safety really 20 times greater in Toronto? Was it really twice as great as the October Crisis?

Police and the politicians who let them off the leash will no doubt have some explaining to do in the coming weeks, but the big picture must not be forgotten. Nobody was killed or critically injured, a very real risk, and this is to the credit of both police and protesters. During last year's summit in London, Ian Tomlinson, a bystander try-

"It's a selfish sentiment, but I'm just relieved the G20 wasn't Ottawa's problem this time around, and I wonder if cities will come to see hosting these summits as more trouble than it's worth."

ing to get home, died after being attacked by overzealous cops.

It's a selfish sentiment, but I'm just relieved the G20 wasn't Ottawa's problem this time around, and I wonder if cities will come to see hosting these summits as more trouble than it's worth. Maybe our G20 poobahs could be convinced to spare us the aggravation and expense, rent a conference room at the UN, and cater in some sandwiches.

In Ottawa these days, our street closures are of an entirely different nature, shut off to vehicular traffic to make room for walkers, runners, cyclists and in-line skaters Sundays, or for our big, raucous group hug of a Canada Day street party.

Instead of G20 leaders insulated from the public in their billion-dollar bubble, we welcomed the Queen, without having to shut down the city or deploy (at the time of this writing) even a single whiff of tear gas to subdue the citizenry.

Our most recent example of politically motivated violence, the firebombing of a Royal Bank branch in the Glebe, resulted in no injuries.

I like Toronto, but ask me whether I would rather be there, as they sweep up the broken glass and shattered trust, or here, and it's not even close.

Cartoon

IF YOU CLAIM ME AS A DEPENDENT, WE MAY QUALIFY FOR AN HST REBATE.



Noteworthy

No recall needed: Hair in jam planned

The royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition in London.

Sam Bompas, who founded catering company Bompas and Parr, said a tiny

speck of the late Princess of Wales' hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk.

Bompas said he bought the hair off eBay for \$10 from a U.S. dealer who collects celebrity hair.

THE ASSOCIATED PRESS

Enjoy home ownership

Letters & Tweets

TORONTO. I would like to take this opportunity to clarify some information related to David Descoteaux's article on July 2.

The actual amount of mortgages currently insured by CMHC is approximately \$480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent

Managing mortgages



lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership.

KAREN KINSLY, PRESIDENT AND CEO, CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up was different.

Sifting through I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of news inside.

I really enjoy it.
GARY HUITSING

Who is your choice to win the World Cup?

Email ottawaletters@metronews.ca
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Metro has the right to edit letters and submissions.

Metro Minute with Peterson statue

Now that the crowds from Canada Day and the Queen's visit have died down, take a moment to catch your breath and have a seat next to Oscar Peterson at his piano, located at the southwest corner of the National Arts Centre.

The life-sized bronze likeness of the Canadian jazz piano legend, which

was created by sculptor Ruth Abernethy, was unveiled by the Queen last week.

The Oscar Peterson sculpture invites passersby to sit with the pianist and play a duet.

Born in Montreal in 1925, Peterson enjoyed a career that spanned 60 years.

● TRACEY TONG

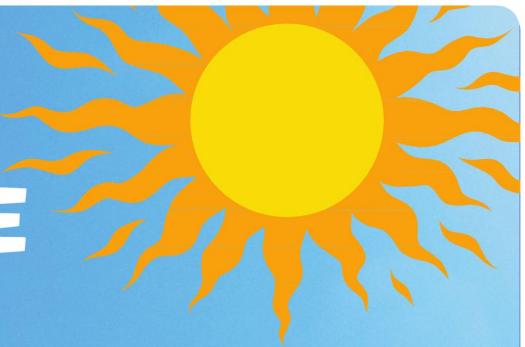


► The Oscar Peterson statue at the National Arts Centre.

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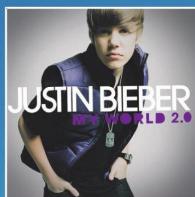
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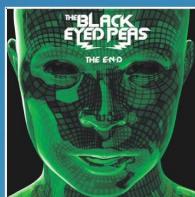
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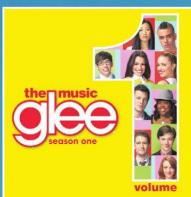
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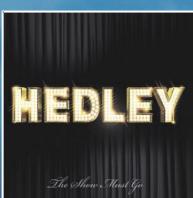
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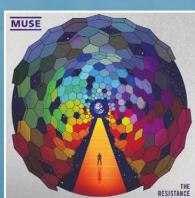
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The Show Must Go



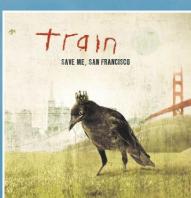
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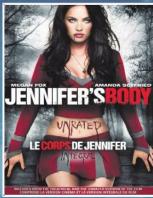
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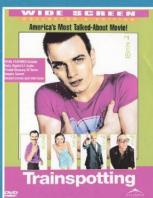
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Shyamalan seeking his own Harry Potter

► The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender
 ► Fantasy picks up second spot at the weekend box office with \$40.65 million in sales

 STEVE GOW
FOR METRO CANADA

With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscar-nominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with. After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material



► M. Night Shyamalan has plans of box-office domination with his adaptation of the animated TV series, The Last Airbender.

— the animated TV series Avatar: The Last Airbender — Shyamalan is hoping he's on the cusp of a hit franchise.

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago. "I'd tell my

Hits and misses

The Sixth Sense (1999)

Nominated for six Oscars, this thriller is considered one of the best American films ever made.

agent, 'I keep making my

Lady in the Water (2006)

A major box-office stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

thrillers and I love those

but if I'm ever going to do anything, I want you to find me Harry Potter before its Harry Potter."

The weekend box-office numbers bode well for Shyamalan. Airbender finished second behind The Twilight Saga: Eclipse with nearly \$41 million in ticket sales.

News in brief



1 Kelsey Grammer and his wife are divorcing after nearly 13 years of marriage.
THE ASSOCIATED PRESS

2 Clark County officials say their records show that disgraced former Olympian Tonya Harding has married again.
THE ASSOCIATED PRESS

Swiss officials say they will decide soon whether to extradite Roman Polanski to the U.S.
THE ASSOCIATED PRESS

Quileute Nation revels in Twilight Saga spotlight

The leader of the Quileute Nation in northwest Washington first began hearing her tribe had a role in a popular series called the Twilight Saga from fans clamouring to know more about the place where a vampire tale of teenage love unfolds.

"The interest in our tribe was a surprise, a good surprise," tribal chairwoman Anna Rose Counsell-Geyer said.

"I thought to myself, people are going to actually get to know the Quileute and we are going to be recognized as a people. The real Quileute."

That was a couple of years ago. With Eclipse, the series' third movie in theatres now, the 750-member Quileute Nation is reveling in the Twilight spotlight, attempting to capitalize on the blockbuster's massive

"The interest in our tribe was a surprise, a good surprise."
ANNA ROSE COUNSELL-GEYER

financial pull and welcoming new interest in the tribe's culture.

At their Oceanside Resort, the tribe is opening a cabin decorated in a wolf theme, a shout out to Jacob Black and the Quileute's own origin story, which begins with a transformation from wolves to people.

At a Quileute store in the reservation town of La Push, handmade beanie hats with "Jacob" stitched on them sell for nearly \$35. There's also a Jacob's Java espresso stand.

"This is historical. This is going to be imprinted on people's lives for genera-

tions to come," Counsell-Geyer said.

The Quileute's homeland — the place where they have lived and hunted for centuries — serves as the backdrop to author Stephenie Meyer's saga, with the stunning imagery of rocks and cliffs rising along the Pacific Ocean.

Four hours west of Seattle, the Quileute reservation is on the far and remote side of the rain-soaked Olympic Peninsula. The reservation's boundaries are confined within a square mile.

In the movies and books, the tribe's folklore is meshed into the role of the Wolf Pack, a group of young Quileute men who shapeshift into wolves. Jacob and other Wolf Pack members guard the reservation from vampires.

THE ASSOCIATED PRESS

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Wonder Woman gets a new look

- New "hipster" less-patriotic clothes blasted by some, loved by others
- 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — goodbye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story, too.

What's really gotten some purists going is the costume.

Gone are



the ample red bustier, star-flecked hot pants and red knee-high boots, a 1940s pinup look that Lynda Carter brought to life in the 1970s TV series.

Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there, but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furious.

"She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superhero!"

This is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.

Story change

Why make big story changes and introduce a new look for Wonder Woman?

► DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher DiDio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheroes along with Superman and Batman, sells less than those two.

► "We're really hoping to grow our fan base, and really re-establish her as one of the premier superheroes in comics," he said.



► Wonder Woman's new look



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Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?

I'm a creative person. I like to develop other senses than my ears.

And to earn money?
I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?
Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like

"I always make sure that I'm surrounded by friends I have known since before I got famous."

JUSTIN TIMBERLAKE

to have a lighter, more floral perfume.

Recently, you made the video for Life Without You with Holland's Esmee Denters. What do you think of her? Esmee is a true talent and very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European? Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?



I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

She must be very proud. Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked

around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satisfied?
It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about

their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with your ex-girlfriend Cameron Diaz. Doesn't Jessica Mind?
What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things.

● METRO WORLD NEWS

TV watch list

White is Hot in Cleveland

COMEDY Betty White's new comedy series, *Hot in Cleveland*, arrives in Canada tonight. The 88-year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there. (CTV)

40 years later

DOC. Canadian filmmaker Sarah Polley narrates *40-Year Secret* on *The Passionate Eye*. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child. (CBC News)

● METRO WORLD NEWS

Paris' pal takes rap for pot bust

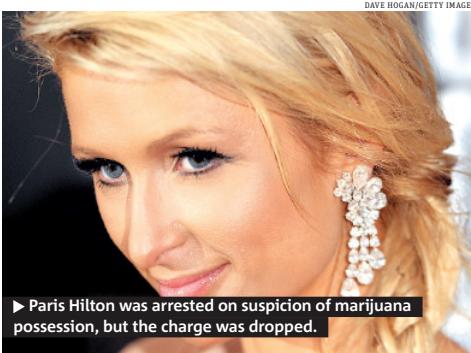
► Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa **► Just a 'misunderstanding' Hilton's publicist claims**

Socialite Paris Hilton took some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hearing.

Hilton appeared in a FIFA World Cup courtroom after being arrested during the second half of a quarter-final match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of the month, Jennifer Rovero, "acknowledged to be in possession of cannabis, and pleaded guilty," said Brig. Sally De Beer, a spokeswoman for South African police. She was sentenced to a fine of 1,000 rand (\$130) or 30 days imprisonment. A publicist for Hilton said the incident was a "misunderstanding."

THE ASSOCIATED PRESS



► Paris Hilton was arrested on suspicion of marijuana possession, but the charge was dropped.

Celebrity tweets



Ian MacKellen
[@ianmackellen188] I asked all I met at WETA when "The Hobbit" starts shooting. Reply? "You tell us."



Jeremy Piven
[@jeremypiven] If you are at a coffee shop an order a "caramel drink with no coffee, sugar free without dairy and cold without ice" it's a problem.



Amanda Bynes
[@chicky] I'm thankful I'm not a man. I love men and I feel for them since it seems like a tough job.



Lindsay Lohan
[@lindsaylohan] Just saw Ellen Page in a mini coop... She's so pretty!

Etheridge seeks joint custody

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according to Hollyscoop. The singer announced in April that they were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins.

© METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent.

© METRO NEWS SERVICES

Stewart not big on being famous

Kristen Stewart admits that the fame she's gained from her work in the Twilight movies can be a bit much sometimes. "I don't feel very comfortable on the red carpet," she tells Hello magazine. "I look out there at a thousand people and I realize they could rush me and assassinate me."

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3 life

Up and down

What dads-to-be should eat
Eat plenty of whole-grains. They're a good source of magnesium, which may help prevent sperm from sticking together. They should also increase their fruit and vegetable intake from five to eight portions per day. Oily fish like sardines and anchovies help the sperm swim faster.



What to avoid
Drinking more than one cup of coffee per day decreases fertility by 50 per cent, as does consuming more than five units of alcohol per week. The decrease has been shown as the partners taking twice as long to fall pregnant.

NUTRITIONIST YVONNE BISHOP-WESTON

Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.

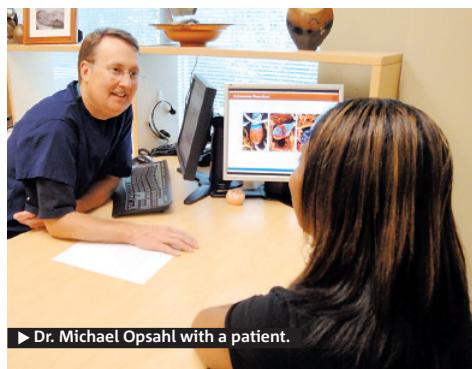


ELISABETH BRAW
METRO WORLD NEWS

Michael Opsahl spends most days talking about sperms and erections. The Seattle gynecologist helps couples who can't conceive because of the husband's poor sperm.

"Couples come into my office and think the problem is the woman's fallopian tubes, but when I examine them I often discover that the man's sperm is as bad as the woman's tubes", says Opsahl.

"Forty per cent of infertility cases can be attributed to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."



"I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity." DR. MICHAEL OPSAHL

lion sperms per milliliter have poor chances of conceiving.

Conception is also affected if the sperms swim slowly or are of poor quality.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr,

director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and

saunas, radiation, toxins, and alcohol.

"Alcoholics can have babies, too," notes Opsahl. "But alcohol kills sperm. I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

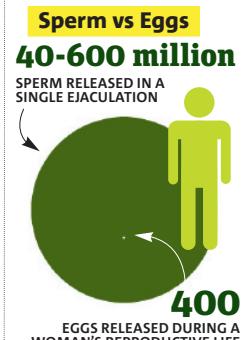
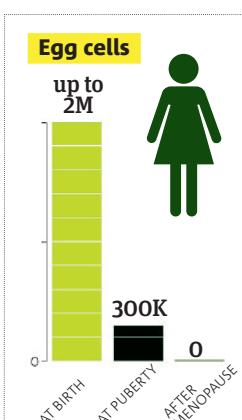
Men wishing for babies should wear boxers instead of briefs. While your at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl.

"I always tell men that poor-quality sperm has



nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all."

Still, having a doctor examine one's sperm can be humiliating.

That's why Herr's team has developed a sperm test, called SpermCheck, that allows couples to check the man's sperm on their own.

SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milliliter.

"Now couples can test their fertility in the privacy of their homes," explains Herr.

"And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender equality around the world."

Queen of Green**LINDSAY COULTER**

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FIRM ANSWERS TO PROBLEMS WITH HOUSEHOLD PLASTICS

QUESTION:
I'd like to know if plastics are safe to microwave and if so, how can I tell?

Justine from Vancouver, B.C.

The answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petro-

um derivative) to leach into your food.

Instead, reheat last night's dinner in glass or ceramic dishes.

Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a mess in the microwave.

Finally, take stock of plastic containers spilling out of your kitchen cupboards.

Check for cracks and scratches. Damage like this will ruin leftovers be-

cause toxic chemicals can leach out.

But before tossing them in the blue bin, repurpose them throughout the home.

Wash plastic containers — with or without lids — make great storage.

Organize a cluttered closet or nuts and bolts in the garage.

A plastic diet will help you reduce your exposure to toxins in the home and lighten your environmental footprint at the same time.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

Plastic diet

Start your plastic diet today with these steps:

- Step 1: Avoid plastic packaging on your next trip to the grocery store.
- Step 2: Store leftovers in reusable glass or stainless steel containers.
- Step 3: Only reuse plastics numbered 2 (HDPE), 4 (LDPE), or 5 (PP). These are found on the bottom.



Fishing to fish for tomorrow

With the world's fish stocks threatened by overfishing it's not easy to know what's good for the planet.



JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Know your fish

5,000+
seafood products worldwide are sold with MSC labels.

- msc.org has lists of sustainable fish, recipes and a directory of suppliers in Canada
- WWF has wallet-sized guides for several countries covering which species you can eat with a clean conscience and which you should avoid at panda.org — search for Seafood Guides

and catch everything and not care about by-catches, but that is not a long-term and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing.

"In the short-term it is obviously more profitable to just fish unsustainably

Without it, the UN estimates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

your store.

"Asking makes a huge difference. As soon as the customers start asking for sustainable seafood they'll start asking their suppliers," says Simpson.

Changing to sustainable fishing practices is not cheap.

If you can't find the MSC logo, you can always ask

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Want to cope with stress at work? One author suggests you start yelling at a toaster or potted plant Despite the unorthodox approach, one psychologist agrees with this stress-buster



Go ahead, gripe, as long as you're alone

KEITH CARMAN
WORK@METRONEWS.CA

Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out somehow.

Most people tend to gripe away at a buddy or loved one but, as counselor and researcher Karla McLaren reveals in her latest CD/book, *The Language of Emotions — What Your Feelings Are Trying To Tell You*, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a

"Gripping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise."

ROSS GRAY, PSYCHOLOGIST

privately cathartic practice she calls "conscious complaining," where you se-

lect an inanimate object and unload — like a wall or toaster.

Meditation



Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why meditation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional betterment.

► **Titles such as Clutter No More, Living Wealthy Prosperous and Ultimate Peace and Relaxation Meditation** are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives. "Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These guided meditations are short, sweet and will teach the seeker the art of relaxation and introspection."

KEITH CARMAN

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) — and do it often.

While many may balk at the idea of carping about caustic customers to a cactus, even revered psychologist Ross Gray notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters. "Gripping about work has some pressure-relieving quality and thus has a use — albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily."

8 career tips to be your own boss

Tamara Monosoff offers eight tips for becoming your own boss from her book, *Your Million Dollar Dream*.

1 Take a stand for yourself. If you are dissatisfied with your current circumstances no one will fix them — except for you. It doesn't do any good to blame the economy, your boss, spouse or family. Change can only occur when you make a conscious decision to make it happen.

2 Take the pressure off yourself. If you know you want to do something new, but don't yet know the "what" or "how" don't expect that you should know what that "thing" is or the steps for getting there.

3 Figure out the right business for you. What do you already know? What are you passionate about? Give yourself permission to explore.

4 Adopt a service mindset. Regardless of the type of business you choose, you need to be committed to serving others — customers, clients, employees, community and investors.

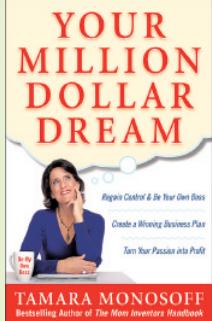
5 Create your plan. As you write down your goals, strategies and action steps — your business becomes real.

6 Build a support network. You've made the internal commitment to your business. Now you need to cultivate a network of supporters, advisors, partners, allies, and vendors.



7 Get the word out. Be willing to say who you are and what you do with conviction and without apology. Embrace and use the most effective online tools available to broadcast your news.

8 Take care of yourself. This is an intense process and it takes hard work. Be diligent about scheduling time to de-stress. Walk, meditate, meet a friend — do whatever works best for you. METRO



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Post-grad course on international support coming

Government funding to Canadian aid groups may have taken a hit this past year, but a new program that will train international aid workers is getting ready to open its doors to students in September.

The International Support Worker program will begin its inaugural year in the fall at Loyalist College in Belleville, Ont.

The year-long post-graduate program features two months of hands-on experience overseas, first in southern Mexico, then in a developing country of the student's choice.

"It's a critical examination of international development," co-ordinator Garry Warren said of the curriculum, which focuses on building capacity in others rather than filling positions overseas with

Canadians.

The well-travelled college teacher has been involved in international development for years, taking more than 800 people to Mexico over the past 15 years to expose them to people living in urban and rural poverty.

When keen students began lining up their own development jobs after their time in Mexico, Warren began to consider a specific program geared toward international development.

He said the Loyalist offers a very hands-on experience.

"I think there's a real need for it," Warren said. "The plan is that these folks will be really useful for other organizations."

THE CANADIAN PRESS

Refining roomie relationships

► While many students may not like their roommates, studies show it's worth it to stick it out ► Some students may even be the better for it



BRUCE WALSH
METRO WORLD NEWS

College freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a



ISTOCK PHOTO

10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses — online, before you meet, says Natalie Caine,

The expert's take

► "I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other."

WENDY PIPER, COLLEGE DIRECTOR OF RESIDENTIAL LIFE

► "I recommended to the students that one way to reduce defensiveness — and make the conversation

founder of Empty Nest Support Services, a Los Angeles-based consultant.

"Let each other know you are excited. Show

more productive — is to bring up the issue in a positive, 'I'-oriented way. Instead of saying, 'Your behaviour is bothering me, and you need to change,' say, 'I'm having a problem, and I would really appreciate your help in solving it.'

ROBERT DONLEY, COLLEGE PEER MEDIATION COORDINATOR

► "We strongly believe that it is best for you to negotiate through the actual problem on your own."

KATHY COLLINS, COLLEGE DIRECTOR FOR RESIDENCE EDUCATION

some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies."

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'Satisfaction' for Nadal after win

► Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely couldn't wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon final.

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the pre-match coin toss.

When it was finally time to start warming up, he zig-zagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn't defend his championship because of injury.

"It was probably one of the toughest moments in my career," Nadal said. "To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back."

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with his parents' separation.

"Not easy," he said.

THE ASSOCIATED PRESS



► Rafael Nadal bites the championship trophy yesterday after defeating Tomas Berdych at Wimbledon.

What a year

There is little doubt Rafael Nadal is the best player in tennis today.

► As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs. ► He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to

grass from clay by winning the French Open and Wimbledon in the same year for the second time.

► "He's showing in the last few months that he's really the champion," said Tomas Berdych.

► Nadal's eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

Big Red Mike captures Queen's Plate



► Eurico Rosa da Silva pumps his fist yesterday as he wins the Queen's Plate aboard Big Red Mike.

No matter how many Queen's Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the \$1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track, but first since 1997. She presented the race trophy to Rosa da Silva and Big

Red Mike's connections in the winner's circle.

"I just told her I am so happy to see her, to meet her," Rosa da Silva said. "It was a great feeling."

"Winning the Queen's Plate is great, but doing it with the Queen here is so special. Very, very special day."

Rosa da Silva claimed North America's longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

THE CANADIAN PRESS

Sports in brief

Petacchi wins Tour's 1st stage

CYCLING. Alessandro Petacchi of Italy won yesterday's crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

THE ASSOCIATED PRESS



News in brief



1 Justin Rose wins the AT&T National by one shot.

2 Brazil coach Dunga and his technical staff fired.

3 Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent says.



Scan code for sports news

Sports in brief**Ronaldo says he's a father**

MADRID. Cristiano Ronaldo has become a father of a baby boy, his website said yesterday, although the mother's identity is being kept a secret. The Real Madrid winger also said he and the mother have agreed Ronaldo will be the exclusive guardian.

THE ASSOCIATED PRESS

Is Mandela coming?

JOHANNESBURG. World Cup organizers say they have no news on whether Nelson Mandela

will attend next weekend's final at Soccer City. Mandela was prominent at the 1995 Rugby World Cup, but the 91-year-old former president has kept a low profile during the soccer equivalent. THE ASSOCIATED PRESS

Kings out of running for Kovalchuk

NHL. Count the Los Angeles Kings out of the Ilya Kovalchuk sweepstakes.

General manager Dean Lombardi told the L.A. Times in an email yesterday that the free agent sniper has turned down an offer to join the team.

"We took our best shot to meet his needs and the team's," Lombardi wrote.

Lombardi did not offer any specifics of the proposed deal.

The New York Islanders have also been rumoured to be courting Kovalchuk, who scored 41 goals and added 44 assists last season with New Jersey and Atlanta.

THE CANADIAN PRESS

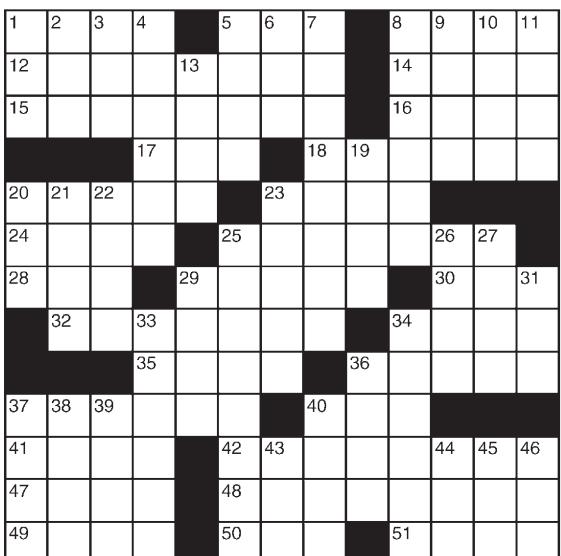
Crossword

Across

1 Basin accessory
5 Greek cross
8 Foretell
12 Store VIPs
14 Satan's specialty
15 Internet ID
16 Word with pool or pit
17 Corn spike
18 Husband-to-be
20 Tall marsh bird
23 Boring
24 Small horse
25 Fix the boundaries of
28 Toss in
29 Country estate
30 Poorly lit
32 TV oldie about the Carringtons
34 Relinquish
35 Bygone Peruvian
36 Says grace, e.g.
37 South China Sea sultanate
40 Abu Dhabi's land (Abbr.)
41 Mysterious letter
42 15-Across partner
47 Came down
48 Paid attention
49 Alluring
50 Blunder
51 Went away

Down

1 Ostrich's cousin
2 Existed
3 Away from WSW
4 Seldom
5 Rip
6 Branch
7 So as to have a purpose
8 Soothe
9 Microwave, e.g.



10 Platter
11 Otherwise
13 Summertime pest
19 Pelvic bones
20 Resort
21 Mary who married Abe
22 Race place
23 Rivermouth deposit
25 Follower
26 Thought
27 Spruced up
29 Barn-roof adorner
31 French posses-

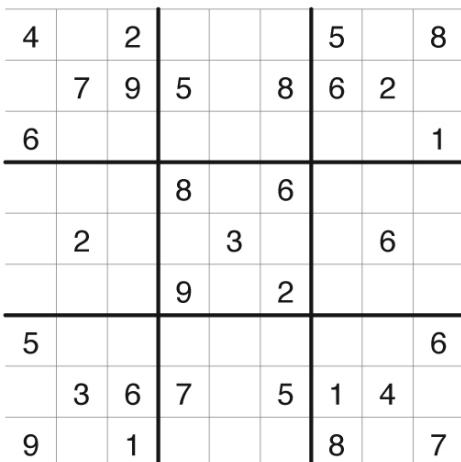


For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Today's horoscope

Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

Taurus April 21-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

Gemini May 22-June 21 There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

Cancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front.

Leo July 23-Aug. 23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters.

Virgo Aug. 24-Sept. 22 According to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own company.

Scorpio Oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

Sagittarius Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24 hours.

Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually reach.

Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living.

• SALLY BROMPTON

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Ann, you are the best!
BARRY WOOD

Y.E. have been fallen in luv w/u for over 400days! i luv u so much
S.W.

Anthony, I'm blessed to be in love with my best friend. Be mine forever?
NJR

I love baby. Happy 3rd Anniversary!!!!
YESE MIRA

Every night with you is like the first night over again, you are a incredible DJ babe, Happy Belated 1 year. xo
GEEK

You know I love and adore you booger face :p
YOURS TRULY, JESSICA.XOXO

Kiss for super hot guy Farhad G.
HOTGIRL



The Weather Network 2010



Today Variable 32° / 25°

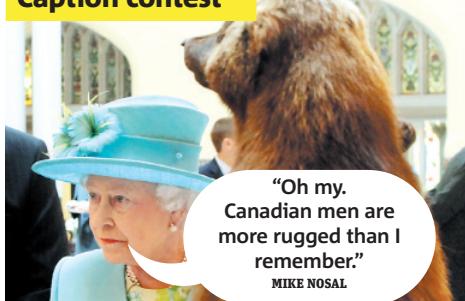


Tuesday Variable 32° / 25°



Wednesday Thunderstorms 40% 33° / 23°

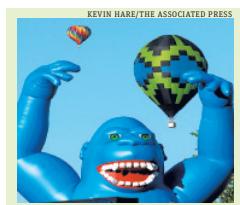
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"Oh my.
Canadian men are more rugged than I remember."
MIKE NOSAL

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08 Accent



- A/C, Auto
- st: 29194
- km: 69385

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07 Mazda3



- A/C, Std
- st: 29650
- km: 91382

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\$82***
Bi-weekly

06 Pathfinder SE



- 4WD, Load, A/C
- st: 28503
- km: 82663

\$19,850
\$209***
Bi-weekly

08 Eclipse GS Coupe



- Load, A/C, Auto
- st: 28642
- km: 41699

\$17,980
\$146***
Bi-weekly

09 Matrix



- Load, A/C, Auto
- st: 28863
- km: 29372

\$16,850
\$136***
Bi-weekly

09 Nissan Sentra



- Load, A/C, Auto
- st: 29666
- km: 51023

\$11,850
\$96***
Bi-weekly

08 Ford Escape XLT



- Load, A/C, Auto
- st: 29755
- km: 60286

\$16,540
\$134***
Bi-weekly

08 Pontiac G5



- A/C, Auto
- st: 29152
- km: 59693

\$8,750
\$71***
Bi-weekly

10 Camry LE



- Load, A/C
- st: 29533
- km: 30042

\$19,950
\$161***
Bi-weekly

07 Audi A4 Convert



- AWD, Load, GPS, Lthr
- st: 29546
- km: 52362

\$34,890
\$306***
Bi-weekly

10 Mustang



- Load, A/C, Auto
- st: 29207
- km: 29348

\$22,470
\$174***
Bi-weekly

07 Honda Civic



- Load, A/C, Std
- st: 29784
- km: 73205

\$11,350
\$103***
Bi-weekly

05 Jeep TJ Sport



- 4WD, Std
- st: 27958
- km: 68686

\$15,840
\$167***
Bi-weekly

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08 Mazda Tribute



- Load, A/C, Auto
- st: 29529
- km: 54497

\$17,950
\$145***
Bi-weekly

07 Dakota Magnum



- 4x4, Load, A/C
- st: 28111
- km: 55513

\$17,860
\$163***
Bi-weekly

08 Ford Ranger Sport



- 4x4, A/C
- st: 29776
- km: 66690

\$16,450
\$133***
Bi-weekly

06 Mazda B4000



- 4x4, Load, A/C, Std
- st: 28294
- km: 75138

\$13,350
\$141***
Bi-weekly

07 Econoline E250



- Super Duty, A/C
- st: 28294
- km: 75138

\$17,360
\$158***
Bi-weekly

07 Corolla CE



- Load, A/C, Std
- st: 29702
- km: 75388

\$9,760
\$62***
Bi-weekly

09 Dodge Avenger



- Load, A/C, Auto
- st: 29707
- km: 62599

\$11,850
\$95***
Bi-weekly

06 GMC Canyon



- 4x4, Auto
- st: 28990-A
- km: 92397

\$9,350
\$99***
Bi-weekly

07 Tacoma SR5 TRD



- 4x4, Load, A/C, Auto
- st: 28855
- km: 38555

\$28,850
\$261***
Bi-weekly

06 GMC Sierra 1500



- 4x4, Load, A/C
- st: 28773
- km: 67773

\$17,850
\$188***
Bi-weekly

08 Ridgeline RTL



- 4x4, Load, Lthr, Roof
- st: 28708
- km: 17184

\$32,890
\$254***
Bi-weekly

06 Uplander LT



- Load, A/C, Auto
- st: 28161
- km: 99339

\$8,950
\$94***
Bi-weekly

07 Prius Hybrid



- Load, A/C, Auto
- st: 28376
- km: 79869

\$16,780
\$153***
Bi-weekly

07 Raider LS



- Load, A/C, Auto
- st: 28990
- km: 37060

\$17,890
\$163***
Bi-weekly

09 Frontier SE



- 4x4, Load, A/C, Auto
- st: 28694
- km: 32182

\$25,980
\$201***
Bi-weekly

07 Tundra SR5



- 4x4, A/C, Auto
- st: 28556
- km: 47596

\$29,850
\$261***
Bi-weekly

07 Ford F-350 XLT



- 4x4, Load, Diesel
- st: 29010
- km: 60151

\$33,840
\$296***
Bi-weekly

06 Sienna CE



- Load, A/C, Std
- st: 29752
- km: 81934

\$15,940
\$168***
Bi-weekly

07 Tucson



- Load, A/C, Auto
- st: 29789
- km: 81764

\$11,940
\$109***
Bi-weekly

06 Ford F-150 FX4



- 4x4, Load, A/C
- st: 28052
- km: 66876

\$20,840
\$212***
Bi-weekly

09 Chevrolet G15



- A/C
- st: 28312
- km: 38582

\$21,860
\$169***
Bi-weekly

08 Ram TRX4 HEMI



- 5.7L, 4x4, Load, A/C
- st: 29296
- km: 42267

\$24,850
\$192***
Bi-weekly

10 Ford F-250 XLT



- 4x4, Diesel
- st: 29458
- km: 14352

\$43,750
\$338***
Bi-weekly

07 Mazda5



- Load, A/C, Std
- st: 29321
- km: 74806

\$11,950
\$109***
Bi-weekly

09 Jeep Liberty



- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

\$17,950
\$145***
Bi-weekly

06 Tribeca B9 AWD



- Load, A/C, Roof, Auto
- st: 28724
- km: 77485

\$22,450
\$229***
Bi-weekly

08 BMW Z4 3.0i



- Convert., Auto, Load, Lthr, A/C
- st: 29656
- km: 20545

\$34,850
\$270***
Bi-weekly

08 Santa Fe GLS



- 4WD, Load, A/C, Auto
- st: 28377
- km: 54197

\$19,950
\$161***
Bi-weekly

07 Yaris



- Std
- st: 29044
- km: 77412

\$8,350
\$76***
Bi-weekly

08 Nissan Versa



- Load, A/C, Auto
- st: 29351
- km: 58630

\$10,850
\$88***
Bi-weekly

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(156 payments) ***84 months
(182 payments) ****12 to 84 months
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(Minimum \$10,000) with down payment,
OAC. 2nd chance financing does not
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